



Polenta Cake with Roasted Nectarines

READY IN



45 min.

SERVINGS



8

CALORIES



322 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.7 cup firmly brown sugar dark divided packed
- ☐ 2 large eggs
- ☐ 1.7 cups flour all-purpose
- ☐ 1.3 cups apples i use 2 granny smith apples peeled finely chopped
- ☐ 1 tablespoon granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon lemon rind grated

- ☐ 0.3 cup butter softened
- ☐ 1.5 pounds nectarines firm halved
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup skim milk
- ☐ 0.3 cup water
- ☐ 0.3 cup cornmeal yellow

Equipment

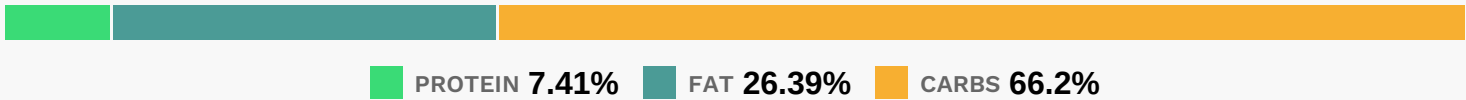
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ cake form
- ☐ microwave

Directions

- ☐ Preheat oven to 35
- ☐ Beat margarine and 1/3 cup brown sugar at medium speed of a mixer until well-blended.
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add milk and lemon rind; beat well.
- ☐ Combine flour and next 4 ingredients (flour through salt); add to creamed mixture, and beat well. Stir in chopped apple.
- ☐ Spoon batter into a 9-inch round cake pan coated with cooking spray.
- ☐ Bake at 350 for 28 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes; remove from pan.
- ☐ Let cool completely on a wire rack.
- ☐ Preheat oven to 47

- ☐ Combine remaining 1/3 cup brown sugar, water, and cinnamon in a 2-cup glass measure; stir well. Microwave at high 30 seconds or until sugar dissolves.
- ☐ Combine nectarines and brown sugar mixture; toss well. Arrange nectarines, cut sides down, in a 13- x 9-inch baking dish.
- ☐ Bake at 475 for 15 minutes or until tender. Turn nectarines over; sprinkle with turbinado sugar.
- ☐ Bake an additional 5 minutes.
- ☐ Serve with cake.
- ☐ Garnish with cinnamon sticks, if desired.
- ☐ Pear Variation: Substitute 6 small, firm Bosc pears, cored and quartered (2 1/4 pounds), for nectarines, if desired.

Nutrition Facts



Properties

Glycemic Index:52.36, Glycemic Load:21.36, Inflammation Score:-6, Nutrition Score:8.9417390927025%

Flavonoids

Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 322.06kcal (16.1%), Fat: 9.64g (14.82%), Saturated Fat: 2.07g (12.96%), Carbohydrates: 54.39g (18.13%), Net Carbohydrates: 51.32g (18.66%), Sugar: 28.61g (31.79%), Cholesterol: 46.73mg (15.58%), Sodium: 287.47mg (12.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.18%), Selenium: 13.36µg (19.08%), Vitamin B1: 0.26mg (17.46%), Manganese: 0.32mg (16.08%), Folate: 61.37µg (15.34%), Vitamin A: 715.15IU (14.3%), Vitamin B2: 0.23mg (13.67%), Vitamin B3: 2.68mg (13.38%), Fiber: 3.06g (12.25%), Iron: 2.06mg (11.46%), Phosphorus: 110.55mg (11.05%), Calcium: 74.57mg (7.46%), Copper: 0.14mg (7.23%), Vitamin E: 1.02mg (6.79%), Potassium: 235.99mg (6.74%), Magnesium: 24.41mg (6.1%), Vitamin B5: 0.57mg (5.65%), Vitamin B6: 0.1mg (5.24%), Zinc: 0.73mg (4.87%), Vitamin C: 3.55mg (4.31%), Vitamin B12: 0.17µg (2.75%), Vitamin D: 0.33µg (2.23%), Vitamin K: 2.33µg (2.22%)